

SÄTILA TRAIL

PM Sätila Trail 2019

Important information for participants at Sätila Trail 2019.



Bib

Get your bib at:

Hälsarhuset: Skogshällsvägen 3, in central Sätila Friday November 8th kl 17-20

Lygnevi IP: Lygnevivägen 511 69 Sätila, kl 05.00 and forward Saturday november 9th.

Your bib should be in front or on the leg and be clearly visible at lapping and the finish line. DO NOT fold the bib as this could destroy the timing chip on the back.

Parking

At Lygnevi IP there is a big gravel area for parking (directions from the center of Sätila). Map: [Google Maps](#)

Busstop: Sätila Kyrka about 700m from Lygnevi IP.

Courses

Maps of all distances are available at satilatrail.se. 22km, 43km and 85km will also get a printed map together with your bib. There will be markings along the courses, both regular and reflective ones for those parts that are run after sunset.

OBS! BE CAREFUL AT STEEP SECTIONS!

All courses will be well marked, but we encourage everyone to take a good look at the maps before the race so you are well prepared.



Start

Race center is at Lygnevi IP and the start is at the beach just beside.

- 06.00 Fjäråsslingan(3p UTMB), 85km
- 10.00 Marabanan(1p UTMB), 43km
- 13.00 Halvmarabanan, 22km
- 14.00 Grebbeshultslingan, 10km
- 15.00 Byslingan, 5km

All runners are to be present at the start area at least **10min** before start, to go over a short review of the race.

Aid stations

All courses have aid stations for refilling energy and fluids.

Aid stations selections

- **Navåsen (85km)**
Water, Umara Sports drink, Candy, Coffe, Broth, Chips
- **Helsjön (85km)**
Water, Umara Sports drink, Candy, Coca Cola, Pickles, Chips
- **Äskhult (85km)**
Water, Umara Sports drink, Candy, Coffe, Broth, Chips. Dropbag.
- **Bräckan (85km)**
Water, Umara Sports drink.
(Naturums Café open until 16:00 serving eco "fika", soup, pastry, buns etc. Bring card or cash)
- **Lerbäck (85km)**
Water, Umara Sports drink, Candy, Coca Cola, Pickles, Chips
- **Ramhulta (22km, 43km, 85km)**
Water, Umara Sports drink, Candy, Coca Cola, Coffe, Broth, Buns,

- **Torrås** (43km)
Water, Umara Sports drink, Candy, Coca Cola, Pickles, Chips
- **Almered** (43km)
Water, Umara Sports drink, Candy, Coca Cola, Pickles, Chips
- **Sätilla** (5km, 10km, 22km, 43km)
Water, Umara Sports drink, Candy, Coca Cola, Coffe, Broth, Buns, Chips (Toilets)
- **Grebbeholt** (10km, 22km)
Water, Umara Sports drink, Candy

UMARA SPORTS is this year Sätilla Trails official sports drink supplier and you can find their drinks on each aid station around the courses.

They will also be present att Lygnevi IP with their products if you are interested in buying anything.

Mandatory equipment

Wear appropriate clothing both for visibility in the traffic and the woods, use reflective clothes. All races except 5 and 10 km have mandatory equipment **for your safety**.

22km

- Map (in your start kit)
- Extra sweater or emergency blanket
- Compression bandage
- Cell phone

43km

- Fluid for 20km (min 0,15l)
- Map (in your start kit)
- Energi (min 200kCal)
- Extra sweater
- Extra jacket or emergency blanket
- Compression bandage
- Whistle
- Cell phone
- Head light (not obl. But dark after 4pm)

85km

- GPS unit (se GPS-tracking)
- Fluid for 30km (min 0,2l)
- Map (in your start kit)

- Energi (min 250kCal)
- Extra sweater
- Extra jacket or emergency blanket
- Compression bandage
- Whistle
- Cell phone
- Head light

Important:

- **You can get hypothermic by just getting tired and having to walk for a while – Please bring ALL mandatory equipment.**
- **The cell phone should last more than the whole race – bring extra power if needed.**
- **All deliberate littering means disqualification.**

Bags and dropbags

At Lygnevi IP you leave your bag with stuff for the finish line. Mark it with your bib number. At 85km you can have one dropbag with stuff needed during the race. Use a waterproof bag and mark with the following:

DROPBAG ÄSKHULT + Name/ startnumber

Dropbag for Äskhult will be collected before start and we will transport it to the aid station Äskhult. We transport the bags back to the finish after the closing of the aid station.

Finish

The finish is in the barn at Lygnevi IP. All finishers get a specially designed medal and soup, bread and fruit. The soup is vegetarian and cooked by Båthuset(Lygnern AB).

OBS!

If you get in som kind of problem along the race or have to end the race before the finish line, you can call this emergency number to the raceteam at Lygnevi IP: **+4676 390 62 88**

Shower & Sauna

Near the finish line there are showers and sauna at Lygnevi IP for participants at 85km.

For participants at 5-43 km we have showers 500m from the finish at "Sätilaskolan" (see [Google Maps](#))

ACCESS CODE: 282692

Prize Ceremony

Top three participants in every class will get a prize at the prize ceremony, that will be held as soon as possible after the winners are confirmed and the results are set.

Mini trail

Take your kids to Sätila Trail and try our mini trail course, it's free for all children to try a small 500m course and everyone gets a surprise at the end.

Timing and results

All distances have timing from **EQ Timing** with a chip on the back of your bib.



GPS-tracking.

Everyone who participates in 85km will get to borrow a separate GPS unit under the race – saves battery for emergencies!

The gps-tracing will be published for everyone to see by a link at the website: satilatrail.se and also at a live screen on the arena.

Maxtimes

Time limits 85km:

- 21 km: Navåsen closes kl 10:00
- 35 km: Hellsjön closes kl 12:45
- 50 km: Äskhult closes kl 16:00
- 58,5 km: Fjärås closes kl 17:45
- 69 km: Lerbäck closes kl 20:00
- 78 km: Ramhultafallet closes kl 22:00

Finish line closes kl 00:00 the night between Saturday and Sunday.

NOTE. Sun sets at 4 pm – head lamp could be needed in the beginning as well as the end of 85 km.

Contact information

072 187 19 79 el. 073 032 44 90

Mail: info@satilatrail.se

Facebook: @satilatrail

We wish everyone a good race and hope that you are exited and ready for Sätila Trail 2019!



SÄTILA TRAIL SPONSORS



SÄTILA

